

## UPDATE AND DISSEMINATION OF THE COLLECTION OF EVIDENCE-BASED TREATMENT MODALITIES FOR CHILDREN AND ADOLESCENTS WITH MENTAL HEALTH TREATMENT NEEDS

### STUDY PLAN

#### Study Mandate

Commission on Youth is currently directed to:

- Make the *Collection of Evidence-based Treatment Modalities for Children and Adolescents with Mental Health Treatment Needs* (the “Collection”) available through web technologies; and
- Seek the assistance of the Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety and Secretary of Education in posting, maintaining and biennially updating the *Collection*.

In 2009, the Commission adopted the Advisory Group recommendations which requested the Commission include the following elements in the work plan for the upcoming biennial update:

- Approaches which encourage the utilization of proven practices in child and adolescent behavioral health and developmental services and encourage the individualization of treatments based on the strengths and needs of the client;
- Discussion of whether using proven practices in child and adolescent behavioral health and developmental services should be mandatory, evaluating the pros and cons of differential reimbursement and assessing instances when the Commonwealth reimburses for treatments not proven to be effective. Capacity and funding issues relating to these topics will also be addressed in this review; and
- Share relevant costs and funding issues related to evidence-based treatments with the Senate Finance and House Appropriations Committees, as well as with the Commission on Youth.

#### Background

- In 2002, it was recommended that the Commission publish information on effective treatments and practices for children, including juvenile offenders with mental health treatment needs. The *Collection of Evidence-based Treatment Modalities for Children and Adolescents with Mental Health Treatment Needs (Collection)* was first published in the fall of 2002.
- In 2003, the Commission recommended that the *Collection* be updated biennially so that current research would be incorporated into this resource. SJR 358 (2003) directed the Commission to biennially update the *Collection*.
- The *Collection* has been updated twice since originally published in 2002. The *Collection* can be accessed on the Commission’s website and averages over 30,000 web hits monthly.
- In 2009, the Commission partnered with the Department of Psychology and Pediatrics at Virginia Commonwealth University for the third biennial update of the *Collection*.
- The fourth edition of the *Collection* will be published in spring 2010 and made available on-line.

## Issues

### Importance of Evidence-based Treatments

- Family members, practitioners, and researchers have become increasingly aware that mental health services are an important and necessary support for young children who experience mental health disorders and their families.
- The primary benefit of evidence-based treatments in the field of child mental health is that the best-evaluated methods of health care are utilized. Evidence-based treatments have the research to show that they produce intended results.
- Another driving force in the utilization of evidence-based treatments is the potential for cost savings. Resources are used effectively and efficiently when the best-evaluated treatments are employed.

### Challenges in Utilizing Evidence-based Treatments

- Adoption of evidence-based practices in the field of children's mental health requires awareness of the most recent and effective treatments for each diagnosable mental health or substance abuse disorder. However, clinicians and decision-makers have difficulty identifying appropriate evidence-based practices which can be successfully implanted into their systems.
- Key factors which must be addressed include adequate organizational supports, attention to the fit between the values of the program and those of the organization, and commitment to implement the program with fidelity. Implementation efforts should acknowledge these factors.

### Dissemination of Evidence-based Treatments

- The rapid emergence of data regarding evidence-based treatments has also made it difficult for these treatments to be utilized. Although there are specific evidence-based treatment guidelines, such as the *American Psychiatric Association Practice Guidelines for the Treatment of Psychiatric Disorders*, providers may not be aware of these treatments.
- A crucial first step is the dissemination of information regarding the benefits of evidence-based practices to public funding agencies, governing agencies, third-party payers, parents and professional organizations.
- School officials also need to receive information on evidence-based treatments as well as those resources which can assist them in successfully addressing child mental health disorders.

## Study Activities

### Dissemination Activities

- Contact all agencies in the Secretariat of Health and Human Resources, as well as behavioral health providers, and local juvenile justice officials, and inform them of the *Collection, 4<sup>th</sup> Edition* and how it may be accessed.
- Contact the Department of Education and inform them of the *Collection, 4<sup>th</sup> Edition* and how it may be accessed.
- Contact school divisions to inform them of the importance of utilizing evidence-based practices and inform them of the *Collection, 4<sup>th</sup> Edition* and request that it be shared with their school counseling offices, school nurses, school-based health offices, school special education services and parent organizations.
- Contact each of the Commonwealth's post-graduate programs in psychology, psychiatry, social work and counseling and encourage them to utilize the *Collection, 4<sup>th</sup> Edition* and provide course offerings which are consistent.

- Contact all provider associations and other appropriate professional associations to inform their members of the *Collection*, 4th Edition and how it can be accessed so they may share it with their membership.
- Contact family advocacy organizations and inform them *Collection*, 4th Edition, as well as how such information may be accessed so they may share it with their membership.

**Activities to Encourage Utilization**

- Contact all agencies in the Secretariat of Health and Human Resources, as well as behavioral health providers, and local juvenile justice officials, and request that they encourage the use of proven practices for child and adolescent behavioral health and developmental services in the programming and development of any future projects.
- Contact the Virginia Secretary of Education, and affiliated institutions of higher education to encourage the evaluation of existing course offerings and request information on proven practices in child and adolescent behavioral health and developmental services be included internships.

**Update Activities**

- Re-convene the Advisory Group to determine the scope of the next biennial update.

Secretary of Health and Human Resources	Virginia Counselors Association
Virginia Department of Behavioral Health and Developmental Services	American Academy of Pediatrics - Virginia Chapter
Virginia Department of Medical Assistance Services	Virginia Association of Community Services Boards
Virginia Department of Juvenile Justice	State and Local Advisory Team
Virginia Department of Criminal Justice Services	Comprehensive Services Act Coordinators
State Executive Council	Virginia Psychiatric Association
Virginia Department of Education	Private Providers
Virginia Department of Health	Higher Education Institutions
Virginia Department of Social Services	Virginia Association of Private Providers
Office of Comprehensive Services	Advocacy Organizations
Families/Caregivers	School Guidance Counselors

- Receive presentations from Office of Comprehensive Services and Department of Behavioral Health and Developmental Services on initiatives pertaining to service creation and service array management.
- Conduct research on behavioral health and developmental services that address individualization of treatments based on the strengths and needs of the client.
- Receive presentations and information on the mandatory utilization of evidence-based treatments, as well as differential reimbursement of evidence-based treatments. Work with the Advisory Group to evaluate the pros and cons of differential reimbursement.
- Receive information on those treatments not proven to be effective that are reimbursed by the Commonwealth.
- Address and receive information on service, capacity and funding issues relating to these topics.
- Investigate models or methods utilized by other states or localities which encourage the use of proven practices for child and adolescent behavioral health and developmental services in the programming and development of services.
- Identify goals, strategies and mechanisms for continued dissemination of the *Collection*.
- Identify additional partners and participants in biennial update and training initiatives.
- Develop recommendations:
  - Suggested modifications to *Collection*;

- Develop cost-effective methods to facilitate access to this information.
- Partnership or agreement with partner organizations for biennial update; and/or
- Legislative or budget proposals.
- Present findings and recommendations to the Commission on Youth.
- Receive approval from the Commission on Youth to share costs and funding issues related to evidence-based treatments with the Senate Finance and House Appropriations Committees.